

**Pelvic Floor Education**  
with Fiona Rogers

**TTNS**

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EX SP SC APAM  
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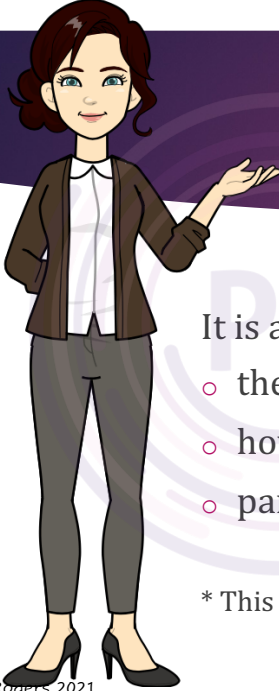
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This course focuses purely on TTNS

- Transcutaneous Tibial Nerve Stimulation
- Mechanisms
- Evidence
- Conditions
- Precautions and safety
- Practical application

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## Assumed knowledge!

It is assumed knowledge that you have an understanding of:

- the different types of nerve and muscle fibres
- how electrical currents affect nerve and muscle fibres
- parameters used in neuromodulation

\* This is all covered in the course Electrical Stimulation for Pelvic Health

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